



Finding balance with mental health support

Life can be demanding — from long work hours or stressful situations to financial pressures and family responsibilities. You don't have to face it alone.

First Stop Health Mental Healthcare is a confidential, convenient tool available to you.

- Individual counseling for what's on your mind
- Family and couples therapy
- Anxiety and depression medication evaluation
- Visits via video — wherever you are

Seeking support doesn't have to mean something is wrong. Take care of your mental health — just like you take care of your health and those around you.

For emergency situations, dial 911.

Reasons to reach out.



Navigating new parenthood



Relationship issues



Family challenges



Anxiety and depression



Life changes and worries



Burnout & stressful situations



Grief and loss



And more